

BEAR *in* MIND



UNIVERSITY OF
NORTHERN COLORADO

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For COVID-19 Health Alerts and Information from UNC, visit www.unco.edu/coronavirus

Safety/Fire Focus

BBQ Safety

All across the country, as the weather starts to heat up, grills are cooking hot dogs, burgers, and brats. It's important to make sure that you follow a few grill safety tips to avoid having a scorching summer for all the wrong reasons.

Check the Connections: If using a propane grill, remember that cold winters along with snow may have damaged tubing and connections. Be sure to check the propane cylinder and grill connections for leaks. Spray a light soap and water solution on the hose, escaping propane will cause the formation of bubbles to reveal leaks. Replace or repair any damaged connection lines before grilling. Remember not to turn your grill on while your grill lid is closed.

Clean it Up: Be sure to clean grills regularly, to prevent grease or fat deposits that are collected in grill trays from igniting. Sanitation is not only important to keep food safe, but also to avoid fires and injuries. A clean grill will provide tastier and more sanitary foods.

Stay Focused: Never leave a barbecue grill unattended! Whenever the grill is hot enough to burn, be sure that the area is monitored. Do not allow loved ones to play around the grill, and keep decorations away from the grill.

Changing Winds: Immediately turn off the fuel source if the flame goes out or a gas smell develops. Propane is heavier than air and will pool around a grill rather than quickly floating off into the atmosphere. Wait at least 15 minutes for the vapors to dissipate before attempting to reignite the grill. Additionally never add lighter fluid to charcoal once the grill has been ignited. The flame could travel back into the container and cause an explosion.

Hopefully, this summer provides great grilling weather that allows many celebrations with family, friends, and great food. Happy grilling!

PORCH TIPS

Grills gone wild

Summer is peak season for grilling, but also prime time for grill-related accidents, injuries and fires. Stay safe this summer with these tips.



THERE ARE **8,800** GRILL FIRES PER YEAR

82%
started by gas grills



57%
occur May-Aug



140
injuries per year



\$96 MILLION
property damages



8 TIPS FOR SAFE GRILLING



Grill outside, away from your home and child play areas.



Open the lid before igniting the grill.



Designate someone who will stay with the grill while it's on.



Clear a 3-foot area around the grill.



Keep your grill clean and remove all grease build-up.



Place cooled coals in a metal, lidded container.



Use soap to check for gas leaks and watch for bubbles.



Turn off the gas when you are finished grilling.

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Dates to Remember

07/04—Independence Day
07/05—Juneteenth Observance (University Closed)
08/19—Residence Halls Open
08/23—Fall Semester Classes Begin
09/06—Labor Day (University Closed)

Safe Thought

SAFETY

“The measure of success”

Summer Pet Safety



1 WATCH WHERE YOU WALK

Even when the outside air temperature is a balmy 75°, asphalt under a summer sun can reach a painful 125°. On hotter days, it can hit 135° or higher. If it's hot enough to fry an egg, it will surely sizzle your pet's paws!



With summer in full swing, many of us have taken our four-legged friends to start exploring what the state has to offer for outdoor activities. Our pets love exploring just as much as we do but there are some safety considerations to consider before your next day on the trail:

- Animals can get dehydrated quickly so it is a good idea to carry a second water bottle or two that is just for them and make sure to take frequent breaks so they can drink.

- Pets with flat faces such as pugs and Persian cats are more susceptible to heatstroke because they cannot pant effectively. These types of pets need more breaks and time to cool off.

- There are a few signs of overheating that you should watch out for, which include panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor, or even collapse. If your pet seems to be too hot there are several actions you can take first; move your pet into the shade or an air-conditioned area, then, wet some towels with cool water and put them on the dog's head and throughout their abdomen (Same goes for cats if they will tolerate it, but cats will also benefit from having cool towels on their paw pads).

- When temperatures are high, asphalt and concrete can cause a real problem. The ground can heat up quickly and sensitive paw pads can burn. To avoid this try taking walks early in the morning or when it starts to cool down in the evenings.

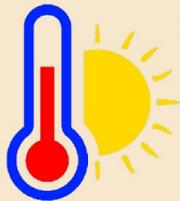
- When we try to cool down our houses by opening windows and doors we leave potential ways for pets to escape. Keep unscreened windows or doors in your house closed.

- Remember to never leave your animals alone in a parked vehicle. This can cause fatal heat stroke and in some cities in Colorado, it can be illegal which can lead to broken windows from police or even fines.

- Not all pets are great swimmers. Try to avoid leaving your pet alone around water until you are sure they can swim effectively. Introduce your pet to water gradually and make sure they wear flotation devices when on a boat.

- If your pet has been swimming in a pool, rinse them off to remove chlorine or salt from their fur and keep your dog from drinking pool water.

- Many pets also fear loud noises and could become scared by the sound of fireworks which can cause them to run off. Avoid taking pets to gatherings where fireworks will be present and make sure they have a space to feel safe during these types of events.



2 HEAT CAN KILL

Speaking of summer sun, don't forget that your pets get thirsty too. Hydration is key. Make sure they have plenty of fresh water indoors and out, and keep them in the shade as much as possible. And NEVER leave your dog or cat locked in a car. It takes less than 10 minutes for them to die of heat stroke.

3 DON'T LET PARASITES PICNIC ON YOUR PET

Fleas, ticks, mosquitoes and other pests, which thrive in summertime, can carry tapeworms, heartworms, and diseases like Lyme and Bartonella. Ask your vet what preventative measures you can take to keep your pet safe from them.



4 NAME YOUR POISON

Not all grass is created equal: some is doused in fertilizer and pesticides, which can be toxic to dogs and cats that lie or play in it. Likewise, some types of plants (such as tulips, hyacinths, certain lilies, and daffodils) can make your pet ill or even die if it is ingested. Be cautious about where you let your pet wander!

5 LAST BUT NOT LEAST... VACCINATE!

Summer is the peak season for rabies, since warm weather increases the risk of encounters with wild infected animals. Protect your pets by making sure their rabies inoculations are up-to-date.



Construction on Campus

As we return to campus this summer, please be aware of multiple construction projects throughout the university this year. UNC has increased construction projects and some will continue into the fall semester. These work zones are always moving and changing, meaning barricades, cones and other hazard indicators. To keep our campus safe, we are reminding the Bear community to be aware as you travel around campus.

SAFETY TIPS

- Obey construction signs and personnel providing direction in work zones
- Bikers and skateboarders should obey dismount zones and notices
- Remember that large trucks and equipment often have limited visibility, and may have a slower stop/reaction time
- Report unsafe conditions to Facilities Management (970) 351-2446 or the University Police Department at (970) 351-2245



National Preparedness Month

Being informed and prepared in the event of an emergency or disaster is vital. July is National Preparedness Month and [ready.gov](https://www.ready.gov) has all the information and tips you need to “Be Informed, Plan Ahead, and Take Action”. Visit [ready.gov](https://www.ready.gov) to be prepared.



- ⇒ Extreme Heat
- ⇒ Tornadoes
- ⇒ Flooding
- ⇒ Hurricanes
- ⇒ Volcanoes
- ⇒ Disaster Kits
- ⇒ Financial Preparedness
- ⇒ Active Shooter
- ⇒ Nuclear Explosions
- ⇒ Earthquakes
- ⇒ Cybersecurity
- ⇒ Health Emergencies



Health and Wellness

Tick Prevention

It's tick season in Colorado, and this year the state has seen an increase in the numbers of tick populations. Ticks can carry different diseases depending on what part of the country you live in. There have already been a few cases of Colorado Tick Fever (CTF) in the surrounding areas of Weld County. Colorado Tick Fever is a rare viral disease spread by the bite of an infected Rocky Mountain wood tick found in the Western United States and western Canada. There are no vaccines to prevent or medicines to treat CTF. It is important to take precautions to keep yourself, your family, and your pets safe and protected from ticks and other insect bites. Here are 10 tips and suggestions for keeping tick-free this Summer:

- 1) Repel the Bugs** — One great way to do this is to purchase Permethrin-treated clothing. This insecticide is also used in antimalarial bed nets and repels ticks, unlike conventional bug spray.
- 2) Be Proactive at Home** — The most common way to get a tick or contact a tick-borne disease is activities close to home.
- 3) Stay in the Sun** — Once you've protected yourself against the sun, remaining close to sunny areas during tick season will reduce the risk of picking up ticks, as these critters enjoy shady, humid environments.
- 4) Change the Landscape** — Ticks around the home generally stay within a few yards of any wooded areas. Use landscaping to prevent exposure to ticks and the animals that carry them such as deer and mice. This means keeping common play areas in open spaces that get regular sun.
- 5) Check the Dog** — Ticks love to hitchhike into the home on our furry friends. Giving your pets a good rub down and even an after-play spray with the hose will help tremendously.
- 6) Cover Up** — When hiking or in wooded areas, wearing light weight long pants and often sleeves is a must. Tucking pants into socks may look a little funny, but it could protect you from illness later on.
- 7) Lighten Up** — Having lighter color clothing can help you identify a small tick nymph on your clothes much easier.
- 8) Quick Drying Clothes** — Ticks are very vulnerable to drying out, so after a hike a quick spin in the dryer may be all you need to kick and kill these hitchhiking parasites.
- 9) Shower and Inspect** — After any high-risk activities, drying your clothing and an immediate shower followed by a tick inspection should keep you and your family tick-free.
- 10) Remove the Tick** — Even after taking precautions, ticks may still slip by. If you do end up noticing a tick on you, quickly remove the tick by grabbing it at the base of the head with tweezers or forceps and pulling it out. You should contact your doctor immediately if any flu-like symptoms emerge.

For more information on Colorado Tick Fever please visit the [CDC Website](https://www.cdc.gov).

TickEncounter

Rocky Mountain Wood Tick (*Dermacentor andersoni*)



EnviroHealth

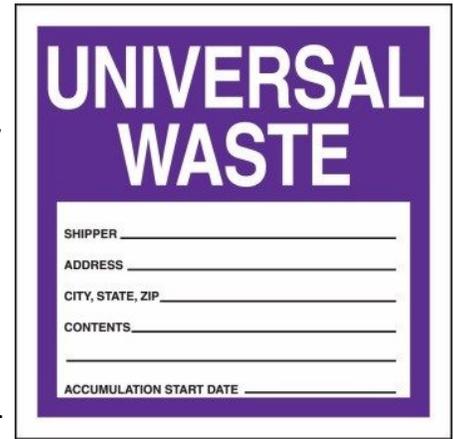
UNC Universal Waste Area

Universal waste is a category of hazardous materials that are commonly generated by very small to very large sources such as residential households, businesses, government agencies, and schools. A few examples of universal waste are:

- Batteries
- Lightbulbs
- Mercury-containing devices
- Aerosol cans

Since universal wastes are generated by everyone, this makes disposal of these hazardous wastes difficult to control and leads to these items being illegally dumped into the landfills. Therefore “The Universal Waste Rule” was created. This rule was aimed to reduce the burden on people who generate these wastes, to encourage recycling and reducing the amount of hazardous waste items illegally sent to the landfills, which in turn, reduces a potential threat to public health and the environment.

The university collects these items that are generated on campus. The universal waste area on campus has been moved to the Co-Gen facility. If you generate these wastes on campus, contact [Mary Nguyen](#) in EHS, to assist with information on recycling these items. However, EHS does not collect personal universal waste such as items from your household. To dispose of your personal universal waste, please contact your local county [Household Hazardous Waste \(HHW\) facility](#).



Stormwater Pollution



Can you guess what the most common pollutant is in surface waters across the United States? It's not trash or dog poop, and it's not something people usually associate with water pollution.

Give up?

It's sediment! Sediment pollution can disrupt aquatic habitats in a number of ways. Sediment kills native aquatic plants by smothering them and can severely damage the ecosystems. It can also harm fish and microorganisms that live in lakes, rivers, and streams. Murky waters can prevent fish from finding food, clog their gills, impede their growth, and negatively impact egg and larvae development.

Sediment accumulation in our stormwater system can cause damage to infrastructure and lead to flooding. It also creates problems and increases costs in water treatment facilities.

Some sources of sediment are natural and unavoidable, like erosion due to wildfires and landslides. But, human activity is the main driver of sediment pollution in our waterways.

Sediment pollution in our city can come from a variety of different places. Homeowners should try to reduce the amount of bare soil on their properties by making sure their yards are mulched and properly vegetated. Dormant gardens should have a temporary cover during winter or walls around it to prevent runoff. Developers should make sure dirt and sediment is not tracked offsite from their projects.

You can help reduce sediment pollution by making sure you properly stabilize your property and reporting sediment discharges that you see on streets and waterways.

Contact your local city Stormwater Division to report a sediment discharge or to request additional information on stormwater pollution and ask what you can do to help.

Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



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It is the mission of the Environmental Health and Safety Department to support university functions by promoting a safe and healthy campus environment for students, faculty, staff and visitors, as well as to provide professional guidance and direction toward compliance with University, Federal, State and local rules and regulations.